If someone opens up about their mental health...	“Thank you for telling me — that can’t have been easy.” “I’m really glad you shared that with me.” “I’m here for you. You don’t have to go through this alone.” “That sounds really tough. Do you want to talk more about it?” “You don’t have to have it all figured out. One step at a time is okay.”
If you notice someone might be struggling...	“You don’t seem quite yourself lately, is everything okay?” “I've noticed you’ve been quiet, I just wanted to check in.” “I’m here if you ever want to talk, no pressure.” “How are you doing, really?” “No judgement at all; just someone to listen if you need it.”

To create a safe space...	“This is a judgement-free zone — you can talk to me.” “You’re not alone. A lot of people feel like this.” “There’s nothing wrong with needing support.” “Talking about it doesn’t make you weak — it’s actually really strong.” “It’s okay to not be okay.”
Encouraging someone to seek help (gently)...	“Have you thought about talking to a professional? I can help you find someone if you want.” “There’s no shame in getting help, it’s just like going to the doctor.” “It might help to talk to someone who knows more. Would you like me to come with you?” “You deserve support, just like anyone else.”

If you don't know what to say (and that's okay)...	*"I might not have the right words, but I'm here for you."* *"I'm not an expert, but I can listen."* *"Would it help if I just sat with you for a bit?"* *"Thanks for trusting me. I'll do my best to support you."*

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